



# PRIME TIME NEWS

## Mountain View Senior Center

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### SENIOR CENTER HOURS

#### **Monday - Wednesday**

8:30 a.m. - 9:00 p.m.

#### **Thursday - Friday**

8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

**STEVE ACHABAL**  
Senior Recreation Coordinator

**MEGAN GARVERICK**  
Recreation Coordinator

**CYNTHIA SPINELLA**  
Office Assistant III

**JUSTINA LINAN**  
**NANCY HUGYIK**  
Recreation Specialist

**ELIZABETH MUSSO**  
Lunch Program  
650-964-6586

**EVENING BUILDING ATTENDANTS**  
Christian Basconcilo  
Jose DeAnda  
Kyle Ignaitis  
Rich Stephens  
Shona O'Neil

**WORKSHOPS:** Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Senior Center at (650) 903-6330 or visit the front desk.

**RIGHT SIZING** - How do you know when it is time to relocate? What are some basic guidelines on knowing what to keep and what not to? What are the common obstacles seniors face when they are relocating? Join Cindy Hofen, a senior transitions manager, as she gives you an overview of senior relocation. Bring your questions and sign up early.

**Date:** Thursday, March 11th

**Time:** 1:00 p.m.

**Location:** Senior Center, TBA



### **IS IT ALZHEIMER'S OR IS IT NORMAL AGING? -**

Realizing you're are forgetting names of people, places or things can be frightening but people do not realize that this may not necessarily be Alzheimer's. If you would like to learn more, come hear Gerontologist Elna Tymes discuss the difference between the normal, most common kind of forgetfulness and the dangerous kinds of memory loss that seems to happen to early stage Alzheimer disease. You will also learn strengthening mental exercises.

**Date:** Thursday, March 25th

**Time:** 1:00 p.m.

**Location:** Senior Center, TBA



### **SETTING UP YOUR EMAIL ACCOUNT -** Do

you know how to setup an online email account? One that you can access anywhere? Do you already have a Gmail, Yahoo or Hotmail account? If you have basic computer skills and want to learn to get free easy access email, sign up for this workshop offered by Monica Lipscomb. Space is limited

**Date:** Thursday, March 25<sup>th</sup>

**Time:** 2:00 p.m.

**Location:** Technology Room

## WORKSHOPS

# MOVIE MATINEE



Come to one of our double showings!

**WHEN: Tuesdays and Fridays**

**TIME: 1:00 pm**

**WHERE: Multipurpose Room B.**

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies and seating begins at 12:30 p.m.



## THE UGLY TRUTH

**DATES:** Tuesday, March 2 and Friday, March 5

**RATED:** R - Sexual content and language

**LENGTH:** 96 Minutes

**DESCRIPTION:** Chauvinistic morning show commentator Mike Chadway (Gerard Butler) makes his perpetually single producer (Katherine Heigl) the subject of a series of romantic tests in order to prove the theories on relationships he exposes on his segment called "The Ugly Truth." But will his experiments help her find love, or is she just a hopeless case?



## ADAM

**DATES:** Tuesday, March 9 and Friday, March 12

**RATED:** PG-13

**LENGTH:** 99 Minutes

**DESCRIPTION:** When beautiful teacher Beth (Rose Byrne) moves into a nearby apartment, strangely awkward Adam (Hugh Dancy), who suffers from Asperger's syndrome, breaks through his limited social abilities and flirts with the young woman in this moving romance. Beth responds to Adam's unusual courtship, and as they overcome the obstacles to intimacy, they learn how to face life's other challenges.



## 17 AGAIN

**DATES:** Tuesday, March 16 and Friday, March 19

**RATED:** PG-13

**LENGTH:** 102 Minutes

**DESCRIPTION:** On the brink of a midlife crisis, 30-something Mike O'Donnell (Matthew Perry) wishes he could have a "do-over." And that's exactly what he gets when he wakes up one morning to find he's 17 years old again. With his adult mind stuck inside the body of a teenager (Zac Efron), Mike actually has the chance to reverse some decisions he wishes he'd never made. But maybe they weren't so bad after all.



## (500) DAYS OF SUMMER

**DATES:** Tuesday, March 23 and Friday, March 26

**RATED:** PG-13

**LENGTH:** 95 Minutes

**DESCRIPTION:** When his girlfriend, Summer (Zooey Deschanel), unceremoniously dumps him, greeting-card copywriter and hopeless romantic Tom (Golden Globe nominee Joseph Gordon-Levitt) begins sifting through the year-plus worth of days they spent together, looking for clues to what went awry. As he recalls the good and bad times he spent with the commitment-phobic girl, his heart reawakens to what it cherishes most.



## SWING VOTE

**DATES:** Tuesday, March 30th and Friday, April 2nd

**RATED:** PG-13

**LENGTH:** 119 Minutes

**DESCRIPTION:** It's Election Day, and the eyes of the nation have fallen on one beer-swilling couch potato named Bud Johnson (Kevin Costner), who, through no fault of his own, finds himself in the position of being able to single-handedly choose the next American president.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.

**NEWCOMERS' GROUP** - An orientation and tour of the Senior Center is scheduled for **Monday, March 15th, 2010 at 2pm**. It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.



**BIG BINGO** - Join us for Big Bingo. This month it will be held on **Monday March 1st** at 1pm in the Lunch room.



**SENIOR CENTER TELEVISION POLICY** - In order to

maintain a tranquil and pleasant environment, the front lobby television is currently turned on only for major news and sporting events. The Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Televisions are also available in the Game Room. Thanks for your help in continuing to make the Senior Center a pleasant place to visit.

**EXERCISE ROOM CARD**



Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All of those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation in the exercise room.

**WHEN NOT TO COME TO THE EXERCISE ROOM?** - Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times: TUES: 7:00p.m. – 7:30 p.m. and EVERY WED: 2:30p.m. – 3:00 p.m.



**BOOKS FOR SALE** -

Located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby, are donated paper back books for sale. We have fiction, non-fiction, mystery, science fiction and more. Books are 10 cents each and can be paid for at the front desk. Maximum amount to be taken at one time is 5!



**FREE DROP-IN COMPUTER HELP** - Does the computer scare you

more than flying in an airplane? Not to worry, we have helping hands ready to assist.... FREE OF CHARGE. Whether new to the computer, or in need of a refresher, several volunteers can get you pointed in the right direction. *Mondays with JUDY 1-3PM. Thursdays with SARA 2-4PM. Fridays with RANDY 10:30AM-12:30PM.* Come to the computer lab, it's that easy!!!

**DONATIONS** - The Mountain View Senior Center accepts a variety of donations.

ACCEPT ONLY

Old eyeglasses  
Magazines  
Paperback books only



**(no romance novels)**

FREE TABLE

Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only!

**Computer Printer Policy:** The first 5 printouts per day are free. After that, printouts cost 5 cents each, not to exceed 25 printouts per person per day.

**DVD COLLECTION** - The Senior Center has a collection of a variety of DVDs available for check out at the front desk. You can check out up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selections.



# TAX PREP CORNER

Tax assistance will be provided by AARP volunteers. Tax appointments will be available each Tuesday and Wednesday, 9:00am-12 noon until Wednesday, April 14th. **You can make an appointment at the Senior Center front desk.**

## What to bring to your appointment:

- a. Copy of last year's state & federal income tax returns
- b. W2 form (from employer)
- c. 1099-INT (regarding interest)
- d. 1099-DIV (regarding dividends)
- e. 1099-R (retirement and IRA income)
- f. SSA-1099 from social security
- g. 1099-B (for sale of stock)  
plus original cost and date of purchase info.
- h. Any other 1099 Forms received
- i. If deductions are claimed, bring information to Support
- J. Name and address of landlord to receive state renter's credit
- K. Property tax bill paid 2009
- l. Sales tax paid on new car purchase in 2009

Due to Tax Assistance, **Ping Pong Table A will not be available:** Monday Evenings, Tuesdays and Wednesdays. February 1st, 2010 - April 15th, 2010

## **SENIOR ADVISORY COMMITTEE**

The Senior Advisory Committee is an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center.

Meetings are held on the 3rd Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: Wednesday, March 17th, April 21st and May 19th.

## MEDICARE IMPROVEMENTS FOR PATIENTS AND PROVIDERS ACT (MIPPA) -

Did you know many of your Medicare answers and needs can be met on the internet? Join Janice Esposito, Social Insurance Specialist at *Social Security Administration* as she connects you with MIPPA, The Medicare Improvements for Patients and Providers Act (MIPPA) Come to learn about changes and get extra help with the application and this online Computer Lab event. Time slots are available on both days, sign up in advance at the front desk, space is limited.

**When: Wednesday, March 3rd and Wednesday, March 17th.**

**Time: 1-3pm**

**Where: Senior Center, computer room**



## Free Hearing

**Testing** - Get your hearing tested FREE by students from San Jose

State on **Tuesday, April 6<sup>th</sup> from 9-11am.** Time slots are available, sign up in advance at the front desk!

## Computer Printer

**Policy:** The first 5 printouts per day are free. After that, printouts cost 5 cents each, not to exceed 25 printouts per person per day.



## Volunteer Hours for JANUARY

Blood Pressure	4
Brown Bag	192
Receptionists	123
Social Services	39
Teaching	78.25
<b>Total</b>	<b>436.25</b>



## HEALTH SERVICES

**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wed** of each month (**3/24/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis. Call the front desk at (650) 903-6330 for an appointment.

**BLOOD PRESSURE CHECK** Come to the counseling room to have your blood pressure checked by volunteer nurses on **Friday between 10:30-11:30 a.m.**



**EYEGGLASS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**3/9/10 and 3/23/10**). Call the front desk at (650) 903-6330 for an appointment.

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**3/9/10 - AM Appts and 3/23/10 - PM Appts**) Call (650) 903-6330 for an appointment.



**HEARING SCREENING** - Visit Dr. Tang the **Second Tuesday (3/9/10)** of each month. Call the front desk at (650) 903-6330 for an appointment.

**PODIATRY SCREENING** - Free evaluations on **Third Wednesday (3/17/10)** of each month. Call the front desk at (650) 903-6330 for an appointment.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday (3/4/10, 3/18/10)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.

## FOOD SERVICES



**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

**NUTRITION PROGRAM** Lunch is served **Monday - Friday** at 11:45a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** + more information can be found on pages 8 + 9. Sponsored by Community Services Agency, (650) 964-6586.



## VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

- VTA will be at the Senior Center on

**Thursday, March 18, from 10:00 a.m. to 12:00 p.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon. Exact change is necessary. The cost is \$25.00 per sticker.** Cash only please.

**AARP DRIVER SAFETY REFRESHER COURSE** - **Tues, April 6, 2010** from 5:30 p.m. to 10:00 p.m. The fee for the **refresher** driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted.

**REGULAR CLASS** - AARP Safety Program class offered by AARP at the Mountain View Senior Center is scheduled for Tuesday, June 22 and June 29, 2010 from 6 p.m. to 10:00 p.m. The fee for the 8.0 hour classroom driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted.

## EXERCISE ORIENTATION -

is offered on Tuesday Evenings and Wednesday Afternoons. To be able to use the exercise room, you must sign up for orientation at the front desk. Please call the front desk for times and sign ups.

## COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS -

On the **third Tuesday of each month at 11am**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.

## A "Luau under the Palms" Spring DANCE!!!

Get your new 2010 calendars out and save the date for this year's Hawaiian themed Dance is scheduled for  
**Wed, May 19, 2010**  
**8-10pm**

Featuring the Jerry Jay's  
Quartet and  
free refreshments.



## WALKING GROUP: STEPPING STRONG

Do you get the recommended 10,000 steps a day? Your activity level has a direct correlation with connectivity and quality of life. The easiest way to keep active and stay motivated is to join a walking group. Sign up on the interest sheet at the front desk.

"The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd rather not." - Author Unknown. Submitted by Carl Glassman

## FREE ELECTRONIC WASTE RECYCLING EVENT

**Saturday, March 6, 8am—5pm**

Microsoft (Parking Lot)  
1065 La Avenida St  
Mountain View, CA 94043  
No Appointment Necessary

For more information call (408) 299-7300  
[www.HHW.org](http://www.HHW.org)

Items accepted - monitors, desktops, screens, televisions, laptops, printers, fax machines, copier, calculators, stereos, keyboards, mouse, cell phones, speakers, telephones and more.

Household hazardous wastes (HHW) such as paint, motor oil, etc. are NOT Accepted at this event. For a HHW drop-off, visit [www.HHW.org](http://www.HHW.org) or call 408-299-7300 for more information.

## ANNUAL SHREDDING EVENT IN MOUNTAIN VIEW

Saturday, March 13, 2010 (8am-2pm)  
In the parking lot of St. Joseph's Church (Castro & Church St). For confidential paper documents and mixed media. Limit 2 banker's boxes OR 2 paper grocery bags) per resident. Enter to win a personal paper shredder and learn about crime prevention and recycling. Call 650-903-6311 for more information.

## KEEPING OUR BUILDING CLEAN -

We have a beautiful building and strive to keep it this way. Please be responsible and cautious of your own items, messes and trash. Areas of the building may be subject to closure if not kept up properly. Thank you for respecting our center!



# Mountain View Seasoned Travelers

**NEW TRAVEL  
DESK HOURS**

For travel information, registration and payment:  
Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30am-12:00pm and Thursdays at the travel desk in front of the social hall from 10:00 - 11:45am

TRAVEL

## RENO GETAWAY

**WHEN:** April 11-12, 2010 Sunday-Monday  
**COST:** \$90.00 p/p, double occupancy/ Singles occupancy add \$25.00  
**INCLUDES:** Silver Legacy Accommodations. Casino Bonus Value: \$35.00. **Optional Dinner & Show Package: \$55.00 p/p Frank, Sammy & Dean: The Rat Pack**, at the beautiful El Dorado Showroom!  
**DEPART:** 7:30 a.m.  
**SUNDAY**  
from Rengstorff Park  
**RETURN:** 9:00 p.m.  
**MONDAY** Approximately



## RIVER ROCK CASINO

**WHEN:** Tuesday, March 9, 2010  
**COST:** \$30.00 p/p  
**INCLUDES:** Casino Bonus: \$20 Cash.  
**DEPART:** 7:30 a.m. Rengstorff Park  
**RETURN:** 6:30 p.m. Approximately

## CACHE CREEK CASINO

**WHEN:** Wednesday, April 7, 2010  
**COST:** \$32.00 p/p  
**INCLUDES:** Casino Bonus: \$10 Free Play or Match Play and \$5 Food Credit  
**DEPART:** 7:30 a.m. Rengstorff Park  
**RETURN:** 5:30 p.m. Approximately

## CHUNKCHANSI CASINO

**WHEN:** Thursday, May 6, 2010  
**COST:** \$30.00 p/p  
**INCLUDES:** Casino Bonus: \$10 Free Play or Match Play and \$5 Food Credit  
**DEPART:** 7:30 a.m. Rengstorff Park  
**RETURN:** 5:30 p.m. Approximately

## BLACK OAK CASINO, Tuolumne

**WHEN:** Friday, June 4, 2010  
**COST:** \$ 21 per person  
**INCLUDES:** round trip transportation via luxury motor coach and driver's gratuity  
Casino Bonus: \$10.00 Cash & \$5 Match Play  
Valid photo I.D. – casino bonuses subject to change without notice.  
**DEPART:** 7:30am from Rengstorff Park, arrive Black Oak, Tuolumne for a 4-hour stay, 10:30am, depart for return trip at 2:30pm  
**RETURN:** 5:30pm (times are approximate, subject to minimum 4 hour casino visit and traffic conditions)

## BEE'S and TREE'S DAY TRIP

**WHEN:** Monday, May 24, 2010  
**COST:** \$81.00 p/p  
**INCLUDES:** **MARSHALL'S HONEY BEE FARM**  
- Travel to Marshall's Honey Bee Farm, American Canyon for a guided tour and honey tasting. You'll enjoy a tour of the farm and explanation of honey production including a video presentation and a honey tasting with food pairing. **V. SATTUI WINERY** - Upon arrival to this lovely estate, they will be treated to a private gourmet picnic within the beautiful tree covered picnic area. Lunch will include a choice of sandwich, German-style red potato salad, seasonal fruit, bottled water and a cookie. A winery tour and tasting are included.  
**PETRIFIED FOREST** - The day will continue with the breathtaking drive to the Petrified Forest in Calistoga. Upon arrival enjoy a optional docent lead meadow walk which will include the history of the Petrified Forest. In the Petrified Forest are rich deposits of minerals, crystal, wood opal, Obsidian, Silica, and others, some of which are available for purchase in the gift shop. The group will also enjoy a visit to the on site museum.  
**DEPART:** 9:00am, from Rengstorff Park  
**RETURN:** 6:00pm approximately



Stay tuned for upcoming trips in  
future Prime Time News....

Mon	Tue	Wed
<p>1 10:30 Dancing, lunch room <b>11:45 LUNCH</b> <b>Sloppy Joes</b> Tomato &amp; Onion slices Coleslaw Fresh Fruit Sugar– Free Gelatin </p>	<p>2 <b>11:45 LUNCH</b> <b>Oven Roasted Chicken Breast</b> Brown Rice Sautéed Fresh Broccoli, Cauliflower, and Carrots Salad Peaches 1:00 Movie, The Ugly Truth</p>	<p>3 10:30 Line Dancing, lunch room <b>11:45 LUNCH</b> <b>Beef Stuffed Bell Pepper w/ Sauce</b> Marinara Noodles w/ Garlic and Fresh Basil Italian Blend Vegetables Fresh Fruit 12:45 BINGO, lunch room</p>
<p>8 10:30 Dancing, lunch room <b>11:45 LUNCH</b> <b>Chicken Enchilada</b> Mexicali Corn w/ Bell Peppers Low-Sodium V-8 100  Vegetable Juice Fresh Fruit</p>	<p>9 8:30 HICAP 9:15 Eyeglass Repair <b>11:45 LUNCH</b> <b>Szechwan Chicken</b> Garden Salad Sautéed Cabbage Pineapple 1:00 Movie, Adam 2:00 Hearing Screening</p>	<p>10 10:30 Line Dancing, lunch room <b>11:45 LUNCH</b> <b>Mediterranean Fish</b> Brown Rice Pilaf Broccoli &amp; Cauliflower Carrot Raisin Salad Apricot 12:45 BINGO, lunch room</p>
<p>15 10:30 Dancing, lunch room <b>11:45 LUNCH</b> <b>Spaghetti w/ Meat Sauce</b> Marinated Salad Sautéed Fresh Broccoli Fruit 2:00 Newcomer's Group, lobby</p>	<p>16 11:00 Information and Referral, social hall lobby <b>11:45 LUNCH</b> <b>Corn Chowder &amp; Fish</b> Hard Boiled Egg Whole Grain Roll Sautéed Asparagus  Orange 1:00 Movie, 17 Again</p>	<p>17 10:30 Line Dancing, lunch room <b>11:45 LUNCH - Happy St. Patrick's Day! Wear Green for a treat</b> <b>BBQ Chicken</b> Pasta Salad Cauliflower &amp; Carrots Apple 12:45 BINGO, lunch room</p>
<p>22 10:30 Dancing, lunch room <b>11:45 LUNCH</b> <b>Polish Sausage</b> Noodles  Salad Squash Peach</p>	<p>23 <b>11:45 LUNCH</b> <b>Vegan Split Pea &amp; Potato Soup and Chicken</b> Whole Grain Muffin Garden Salad Tangerine Oatmeal Cookie 1:00 Movie, 500 days of Summer 1:00 HICAP</p>	<p>24 10:30 Line Dancing, lunch room <b>11:45 LUNCH</b> <b>Chop Suey w/ Beef &amp; Pork</b> Fried Brown Rice Chilled Broccoli Salad Fresh Fruit 12:45 BINGO, lunch room</p>
<p>29 10:30 Dancing, lunch room <b>11:45 LUNCH</b> <b>Turkey Meatloaf</b> Brussels Sprouts Garlic Mashed Potatoes Fresh Fruit</p>	<p>30 <b>11:45 LUNCH</b> <b>Chicken Pot Pie</b> (Vegetarian available) Confetti Coleslaw Apple  1:00 Movie, Swing Vote</p>	<p>31 10:30 Line Dancing, lunch room <b>11:45 LUNCH</b> <b>Pork Roast</b> Brown Rice Pilaf Steamed Spinach Sweet Potato Fruit and Pudding 12:45 BINGO, lunch room</p>



Thu	Fri
<p>4</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH</b></p> <p><b>Chicken Cordon Bleu w/ Ham</b></p> <p><b>Pesto Whole Wheat Noodles</b></p> <p><b>Green Salad</b> </p> <p><b>Green Beans</b></p> <p><b>Mandarin Oranges</b></p> <p>1:00 SALA Appointments</p>	<p>5</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure Reading</p> <p><b>11:45 LUNCH</b></p> <p><b>Chinese Pepper Steak</b></p> <p><b>Fried Brown Rice</b></p> <p><b>Oriental Vegetables</b></p> <p><b>Spinach</b></p> <p><b>Banana</b></p> <p>1:00 Movie Matinee, The Ugly Truth</p>
<p>11</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH</b></p> <p><b>Spinach Salad &amp; Black Bean Soup</b></p> <p><b>Hard Boiled Egg</b> </p> <p><b>Whole Grain Muffin</b></p> <p><b>Vanilla Yogurt &amp; Bananas</b></p> <p>1:00 WORKSHOPS, Right Sizing</p>	<p>12</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure Reading</p> <p><b>11:45 LUNCH</b></p> <p><b>Beef Stew</b></p> <p><b>Green Salad</b></p> <p><b>Whole Grain Bread</b></p> <p><b>Tangelo</b></p> <p>1:00 Movie Matinee, Adam</p>
<p>18</p> <p>10:00 VTA Cards, Gallery</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH</b></p> <p><b>Stuffed Cabbage</b></p> <p><b>Brown Rice w/ baked veggies, feta, broccoli, carrots, zucchini, cucumber, red bell pepper &amp; cherry tomatoes</b></p> <p><b>Fruit</b></p> <p>1:00 SALA Appointments</p>	<p>19</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure Reading</p> <p>11:45 LUNCH</p> <p><b>Egg Frittata</b> </p> <p><b>Whole Grain Muffin</b> </p> <p><b>Three Bean Salad</b></p> <p><b>Garden Salad</b></p> <p><b>Sugar-Free Gelatin w/ Pineapple and Birthday Cake</b> </p> <p>1:00 Movie Matinee, 17 Again</p>
<p>25</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH</b></p> <p><b>Lemon Chicken Breast</b></p> <p><b>Corn Bread</b></p> <p><b>Swiss Chard</b></p> <p><b>Baked Tomato</b></p> <p><b>Fresh Fruit</b></p> <p>1:00 WORKSHOPS, Is it Alzheimer's?</p> <p>2:00 WORKSHOP, setting up your email.</p>	<p>26</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure Reading</p> <p><b>11:45 LUNCH</b></p> <p><b>Pizza (w/ meat or Veggie)</b> </p> <p><b>Garden Salad</b></p> <p><b>Mandarin Oranges</b></p> <p>1:00 Movie Matinee, 500 Days of Summer</p>

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.



= Meal contains more than 1000mg sodium

## Amazingly Easy Irish Soda Bread

- 4 cups all-purpose flour
  - 4 tablespoons white sugar
  - 1 teaspoon baking soda
  - 1 tablespoon baking powder
  - 1/2 teaspoon salt 1/2 cup margarine, softened
  - 1 cup buttermilk
  - 1 egg
  - 1/4 cup butter, melted
  - 1/4 cup buttermilk
1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
  2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
  3. Bake in preheated oven for 45 to 50 minutes, or until a toothpick inserted into the center of the loaf comes out clean, about 30 to 50 minutes. You may continue to brush the loaf with the butter mixture while it bakes.



# WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Adaptive Yoga 8:45 ESL - Beg. +Int 9:00 Creative Stitchery 9:00 Managing your pix 10:15 T'ai Chi 10:30 Adaptive level II Yoga 10:30 ESL - Beg High & Adv. Low 11:45 Lunch 1:00 Bingo, First Monday of each month. 1:00 Computer Assistance 1:00 Woodcarving 1:00 General Conditioning 1:30 Quiltmaking 2:30 Tai Chi/ Qigong 7:00 Social Dance Club	9:00 Drawing & Watercolor 9:30 Brown Bag 10:00 Advanced Lip Reading 10:30 Strong for Life 11:45 Lunch 12:30 Spanish-Int. 1:00 Computer Assistance 1:00 Karaoke 1:00 Low Impact Aerobics 1:00 Workout on Broadway 2:15 Workout On Broadway 2:30 Chinese Chorus 5:30 Flowing Movement	9:00 Ceramics-Sculpt 9:00 Painting Club 9:00 Managing your pix 9:30 Chorus 9:30 Mediation for Stress Reduction 10:00 Beginning Lip Reading 10:00 Therapeutic Yoga 11:45 Lunch 1:00 Computer Assistance 1:00 Ceramics-Basic 1:00 Knitting/Crochet 1:15 Orchestra 5:30 Qigong	8:45 Adaptive Yoga 8:45 ESL - Beg. & Int. 9:00 Ceramics, earth, glaze and fire 10:00 General Conditioning 10:00 VTA Cards, First Thursday of each month 10:00 Qigong 10:00 Trips Desk 10:30 Adaptive level II Yoga 10:30 ESL B.H. & A.L. 11:00 Health Library 11:45 Lunch 12:30 Memoirs 1:00 General Conditioning 1:00 Workout /Broadway 1:00 Low Impact Aerobics 1:00 Ceramics-Basic 1:00 Fig & Port Drawing 1:00 Computer Assistance 2:15 Workout / Broadway	8:45 ESL, Beg+ Int. 9:00 Calligraphy 10:00 Feldenkrais 10:30 Computer Assistance 10:30 Blood Pressure 10:30 ESL -Beg High, Adv. Low 11:45 Lunch 1:00 English Conversation 1:00 Line Dancing 1:00 Computer Assistance 2:15 Square Dancing
<b>CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE</b> Class Start and End dates are in the Winter/Spring Class Guide that is located at the front desk.				

**Registration for the classes that occur at our center, takes place through the following agencies:**

**MV-LA, Mountain View Los Altos Adult Education**

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call (650)-940-1333 with your credit card available.
3. or visit their website to register for this class at [www.mvlaae.net](http://www.mvlaae.net)

**FOOTHILL-** Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call (650)-949-7321.

**VOLUNTEER –** These classes are free and there is no need to register. Please just attend.

**IN CLASS** - Register for these classes with the class instructor.

**PICK UP A WINTER/SPRING 2010 CLASS GUIDE AT THE FRONT DESK FOR MORE INFORMATION.**